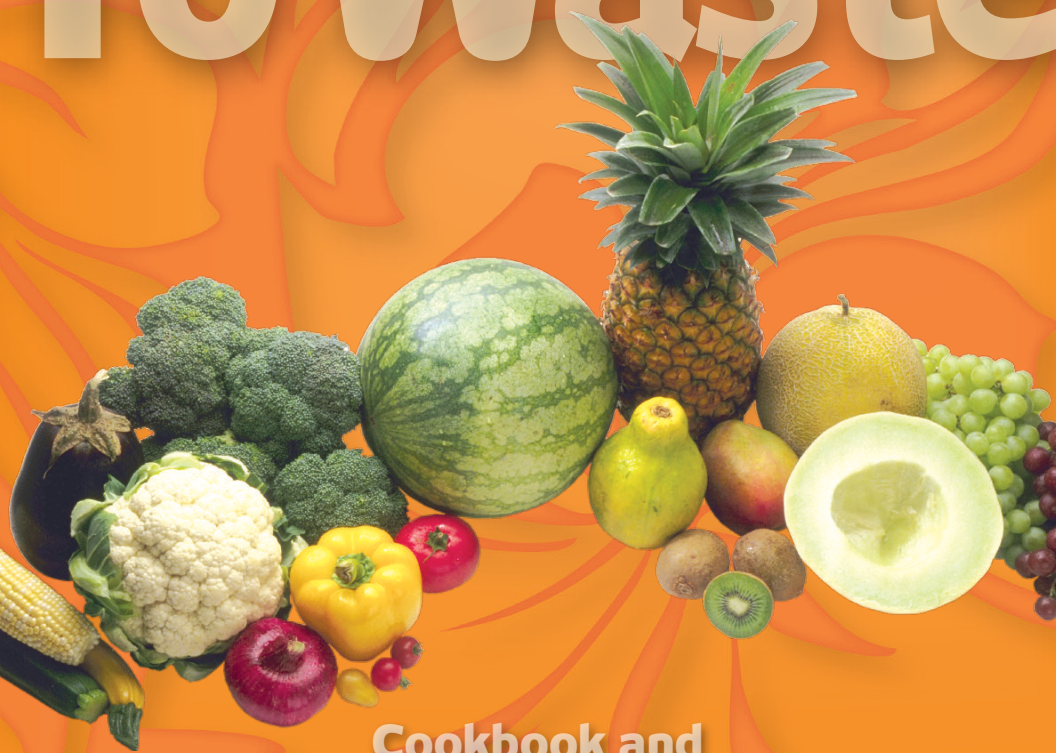


Food: Too Good To Waste



**Cookbook and
Smart Food Tips**

Contents

Food: Too Good to Waste is the result of a partnership between the City and County of Honolulu, the United States Environmental Protection Agency, and the contributing restaurants and grocers found in this guidebook/cookbook. The City and County of Honolulu invited all restaurants on Oahu, as communicated through the Hawaii Restaurant Association, to participate in this project. The restaurants included herein were those that agreed to participate. These restaurants contributed to the content and will be among the distribution points for the books. Additionally, some restaurants will be offering coupons to encourage people to return the survey forms (located in the back of this booklet) to the City and County of Honolulu so that we can better assess the needs of the public.



City & County of Honolulu
Department of Environmental Services
Refuse Division
768-3200



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What's Up With All the Food Waste?

CONSIDER THE TOMATO...

31% of fresh tomatoes bought by U.S. households are thrown out—that's 21 tomatoes a year per person!



Throwing out that many tomatoes costs us a bundle—**over \$2.3 billion a year.**

If only it was just tomatoes... the cost of all U.S. household food waste = \$166 BILLION!



WASTED FOOD = WASTED RESOURCES

U.S. FOOD WASTE ACCOUNTS FOR:

25%
of all
our fresh
water use.

Enough
energy to
power the
country for
more than
a week.

Enough land
to feed the
world's hungry
twice over.

By making small shifts in how we shop, store, and prepare food, we can keep the valuable resources used to produce and distribute food from going to waste.

Sources: USDA Economic Research Service, (ERS) Total and Per Capita Value of Food Loss in the United State (2012); USDA ERS, The Value of Retail- and Consumer-Level Fruit and Vegetable Losses in the United States (2011); Venkat, The Climate Change and Economic Impacts of Food Waste in the United States (2012); Hall et al, The Progressive Increase of Food Waste in America and Its Environmental Impacts (2009)

Did You Know?

- The total food waste in Hawaii is estimated at over **\$1 billion per year**, which, in 2010, was equivalent to **1.52 times the total production of agriculture in Hawaii**.¹
- Hawaii residents throw away approximately **one quarter of all food and beverage purchases**, which equates to a loss of about **\$700 per person per year**.¹
- On Oahu, **15% of residential garbage is food** with about **425 pounds of food wasted per household per year** and **19,000 tons of leftovers thrown out** per year.²
- Americans throw out more than **1,250 calories per person per day**, yet **42 million Americans are food-insecure**.^{3,4}
- In America, a household of four throws away an average of **\$1,800 worth of food annually**.³
- **Food waste is the largest component of solid waste** reaching landfills and incinerators in the U.S.⁴
- Wasted food represents **23% of global agricultural land**.⁵
- **21-33% of U.S. agricultural water and 4% of U.S. oil consumption** goes to produce food that gets wasted.^{3,6}

...and Did You Know?

- The EPA has a goal to reduce food loss and waste in America by **50% by 2030**.
- The State of Hawaii's Aloha + Challenge includes 2030 goals to **double local food production** and to **reduce the solid waste stream prior to disposal by 70%**
- The State's **Increased Food Security and Self-Sufficiency Strategy** and **Aloha + Challenge** both layout goals to support the local food movement and recognize the importance of reducing food waste.
- There are many recipes that have been specifically created to **use every scrap of food in your kitchen** to help reduce waste.
- **Be creative.** Try a fun family meal challenge—open the fridge and see how many leftovers you can incorporate into a new, delicious dish.

¹ Loke MK and Leung PS (2015) Quantifying food waste in Hawaii's food supply chain. Waste Management & Research, 33(12): 1076-1083.

² ENV (2011) Curbside Recycling Program Evaluation and Strategic Planning Phase I. Honolulu, Hawaii: Refuse Division, City and County of Honolulu Department of Environmental Services (ENV).

³ NRDC (2017) Wasted: How America Is Losing Up to 40 Percent of Its Food from Farm to Fork to Landfill - Second Edition of NRDC's Original 2012 Report. New York, New York: Natural Resources Defense Council (NRDC).

⁴ US EPA (2017) United States 2030 Food Loss and Waste Reduction Goal. Washington DC: United States Environmental Protection Agency (US EPA).

⁵ Kummu M, de Moel H, Porkka M, et al. (2012) Lost food, wasted resources: Global food supply chain losses and their impacts on fresh water, cropland, and fertiliser use. Science of the Total Environment, 438: 477-489.

⁶ Hall KD, Guo J, Chow CC, et al. (2009) The Progressive Increase of Food Waste in America and Its Environmental Impact. PLoS ONE, 4(11): e7940. doi: 10.1371/journal.pone.0007940.

Smart Storage & Preparation

- Keep your refrigerator between 37° and 40°F and the freezer at 0°F or less.
- Avoid over stuffing your refrigerator so that the cold air can circulate evenly.
- Place fresh food items in clear storage bags or containers as soon as you get home from the store. Consider buying bags and containers specifically designed to help extend the life of your produce.
- Prep (wash, peel and chop) food immediately after returning home from the grocery store. This makes them ready to eat individually and also saves time once you're ready to cook.
- Freeze, label and date fresh foods that you won't eat in time (breads, sliced fruit, meat, cheeses, butter, herbs, vegetables).
- Prepare and cook perishable items, then freeze for different recipes throughout the month. For example, bake and freeze chicken breasts, or fry and freeze ground beef. You can also batch cook entire meals ahead of time and store in the fridge or freezer.
- If you like your fruit at room temperature, take what you will eat for the day out of the refrigerator in the morning.
- Many fruits give off natural gases that hasten the spoilage of other nearby produce. Store bananas, apples, and tomatoes by themselves and store fruits and vegetables in separate bins.



- To prevent mold, wash berries just before eating.
- Greens tied together in bundles should be unbound to maintain vitality.
- Locally grown fresh produce usually stores longer than produce that has been shipped cross-county.
- For more tips visit:
<http://makedirtnotwaste.org/at-home/prevent-wasted-food> and opala.org

Keep Inside the Fridge in the Crisper:

- Apples, berries, and cherries
- Grapes, kiwi, lemons, and oranges
- Melons, nectarines, apricots, peaches, and plums (after ripening at room temperature)
- Avocados, pears, and tomatoes (after ripening at room temperature)
- Almost all vegetables and herbs

Keep Outside the Fridge:

- Bananas, mangos, papayas, and pineapples (once cut, store in fridge)
- Potatoes and onions: store in a cool, dark place separately from each other (gases from onions cause potatoes to sprout)
- Basil and winter squashes: store at room temperature (once cut, store squashes in fridge)



Smart Eating: Eat What You Buy

- Organize your refrigerator and move food soon to spoil to the front or a designated “eat now” area. You can use any available box and the “Eat Me First” sign provided in the Getting Organized Tools section (page 27).
- Use a grease pen or sticky notes to write the dates on food containers in the fridge.
- Learn the difference between “sell-by,” “use-by,” “best-by” and expiration dates. You can rely on your own sight and smell over food dates in most cases. Visit www.usda.gov for more information.
 - “A Sell-By” date tells the store how long to display the product for sale. You should purchase the product before the sell-by date.
 - A “Best if Used By (or Before)” date is recommended for best flavor or quality. It is not a purchase or safety date.
 - A “Use-By” date is the last date recommended for the use of the product while at peak quality, determined by the product manufacturer. It is not a purchase or safety date.
 - To check the shelf life of a particular food item, you can visit www.stilltasty.com.
- Make a list each week of what needs to be used up and plan upcoming meals around it.



Recipes & Quick Tips for Leftover Meat, Poultry, Fish

- Most leftover meats, meat substitutes, or cooked eggs can be used in tacos, burritos, fajitas, quesadillas, casseroles, jambalaya, soups and sandwiches, or added to stir fries, scrambled eggs/omelets/quiches, salads, and pasta.
- Leftover **ham** can be cut into steaks, wrapped individually in plastic wrap and then frozen in freezer bags. Take them out for lunches or quick meals as needed. Cut into cubes and store in freezer bag or mix into potatoes (hash browns or breakfast mash).
- Leftover **ground beef** can be added to chili, spaghetti sauce, lasagna, and shepherd’s pie; also great on top of baked potatoes or homemade nachos.
- Leftover **steak** is easily shredded in a crockpot or you can use it for a breakfast treat of steak ‘n eggs.
- Leftover **cooked fish** can be used for fish tacos or fish cakes, or try mixing it with sour cream and chives or green onion for a refreshing chip dip. Make easy fish chowder using 1 can of diced tomatoes, 4 cups of water, 1 onion, and whatever vegetables you want. To make a quick filling for wraps or sandwiches, mix fish with mayonnaise and seasoning.
- Unspoiled **poke** tastes delicious pan-fried or in a wrap.



Tom Jones' family-style Japanese restaurant **Gyotaku** has been on Oahu since 2001 and is still expanding. To reduce food waste, he plans his menu with a variety of dishes around a small list of ingredients. Tom suggests making the most of your freezer—catch foods at the right moment and freeze them at the peak of ripeness if you are not going to eat them immediately. Keeping “green” is important to Tom, any food waste that does occur in the kitchen of Gyotaku ends

up feeding pigs on Oahu and cooking oil is recycled into biodiesel. Glass bottles, plastics, aluminum, and cardboard are recycled as well, saving both money and landfill space. Visit Gyotaku in Pearl City, King Street, Niu Valley, or online at www.gyotakuhawaii.com.

Tom's Quick Tip: Freeze single portions of cooked rice immediately in plastic wrap (tightly wrapped). Unwrap and reheat the rice in the microwave whenever you need it.

Quiche

Quiche is a savory cheesy custard pie that consists of four basic parts: crust + custard + fillers + seasonings. Yields one 8” or 9” quiche.

Basic Crust

The crust can be an 8” or 9” homemade or frozen pie crust. Leftover bread can also be used to make a toasty crostini pie crust by thinly slicing the bread, brushing with melted butter, and pressing into the bottom of a pie pan. Mini quiches can be made by pressing pie dough into large muffin tins.

Basic Custard

- 3 eggs, beaten
- 1 1/2 cups milk
- 1 Tbsp sour cream or half and half (optional)
- 1 tsp salt
- 1 tsp Worcestershire sauce (optional)
- spices (your choice, depending on main ingredients)

Filler: a combination of grated cheese(s) with any leftover meat and vegetables. See next page for suggestions.

Preheat the oven to 350°F. Pre-bake the pie crusts for about 10-12 minutes before adding the rest of the ingredients. Whisk the custard ingredients together. Add the filler ingredients and seasonings to the custard mix. Pour into pre-baked pie crust. Bake at 350°F for 35 to 45 minutes until the custard top is golden brown and springs back to the touch. Allow to cool for 10 to 15 minutes before serving. Serve with a lightly dressed leafy salad.

Quiche Variations (continued)

Mexican Quiche

- 2 oz grated cheddar
- 2 oz grated Jack
- 3 - 4 oz leftover taco meat
- 2 oz beans
- 1/2 avocado
- 1/4 cup tomato
- 2 Tbsp diced onion

Season custard mix with a dash of Tabasco, habanero or Jalapeño sauce, a pinch each of cumin and chili powder.

Italian Quiche

- 3 oz grated mozzarella
- 1 oz grated Parmesan or Pecorino cheese
- 3-4 oz leftover sausage or deli meat
- 1/2 cup diced tomato and/or leftover marinara/meat Sauce
- 1/2 cup sautéed onions

Season custard mix with fresh ground pepper and Italian herbs.

Vegetable Quiche

- 4 oz grated cheddar cheese
- 4 oz leftover cooked broccoli or mushrooms
- 1/4 cup sautéed onions seasoned with basil, thyme and marjoram

Season custard mix with a dash of Tabasco Sauce. Leftover spinach, zucchini, pumpkin or squash can be substituted for broccoli with seasonings adjusted to taste.

Classic Quiche Lorraine

- 4 oz grated Swiss cheese
- 1 cup crispy leftover bacon
- 1/2 cup sautéed sweet onions

Season custard mix lightly with a pinch of nutmeg.

Chicken Soup

Make over your leftover chicken and vegetables. Adapted from *Great Little Ideas* and *Love Food Hate Waste UK*. Yields 4 servings.

- 1 Tbsp vegetable oil
- 1 onion, finely chopped
- 1 leek, washed and sliced
- 1 carrot, peeled and diced
- 1 medium potato, diced
- 2 cubes chicken bouillon + 4 cups hot water (or 4 cups chicken broth)
- 1/2 lb leftover cooked chicken, diced
- black pepper
- cream or sour cream (optional)

Heat the oil in a pan and add the onion and leek and sauté for 5 minutes until softened. Add the carrots and potatoes and cook for 5 minutes. If using leftover cooked vegetables, skip this step and add the vegetables with the chicken broth. Add the chicken broth. Stir, then gently simmer covered for 20 minutes until the potatoes are tender. Add the (pre-cooked) chicken and cook for 5 minutes more to heat chicken through. If you prefer a creamy chicken soup add a swirl of cream or sour cream. Garnish with black pepper.

Jook

A delicious way to use up leftover turkey.

- 1 leftover turkey carcass
- 4 cups leftover cooked rice
- 1 bundle tsin choy (pickled Chinese turnip found in the Oriental food section)
- 1 Tbsp salt
- 1 inch crushed ginger
- 1 piece kwo pee (dried tangerine peel found in the Oriental food section)
- 1 star anise
- 1 can chicken broth (optional)
- Chinese parsley (garnish)

Combine all ingredients in a large pot, with the exception of the rice. Cover with water. Bring to boil and simmer for 1 hour. Cool. Remove the turkey carcass and when cool, debone and set meat aside. Remove the star anise, crushed ginger and kwo pee. Add cooked rice to broth and bring to boil. Simmer for 30 minutes. Add meat and serve with Chinese parsley as garnish.

Recipes & Quick Tips for Leftover Rice, Pasta, Bread, Tortilla

Rice

- Make rice pudding in a snap with 2 cups of cooked rice, 2 cups of milk, 1/2 tsp cinnamon, 1 tsp butter and 2 Tbsp sugar. Combine all ingredients in a saucepan and bring to a boil. Lower heat and simmer until the milk is absorbed (about 30 minutes). Add cinnamon and raisins if you like.
- Add leftover rice to vegetable soup or chicken broth.
- Freeze individual servings of cooked rice to be easily reheated when you want it.
- Fried rice is best made with day-old rice.

Pasta

- Fry leftover spaghetti in butter until it is warmed through.
- Leftover pasta (spirals, tortellini, etc.) tastes great in soups and leafy salads, or try creating a pasta salad or tuna salad.
- Pasta Chips: Toss 2 cups cooked bowties (farfalle) or other short noodles with 1 Tbsp olive oil and bake in a pre-heated 400°F oven for 20 minutes or until lightly crisp and golden. Sprinkle with salt, pepper, and parmesan cheese.

Bread

- Croutons: Spread butter onto slices of leftover bread and cut into 1/2" cubes (or sprinkle olive oil over cubed bread). Sprinkle with grated cheese and spices. Bake in a shallow baking pan at 350°F for 10 to 15 minutes or until golden brown.
- Make bread crumbs for meatloaf or meatballs: Wrap stale bread well and freeze, then use a grater. Or, place dried bread in a sturdy plastic bag and crush with a rolling pin or jar. Keep in the freezer or pantry for later use.
- A slice of bread added to a container of brown sugar will keep the sugar from getting hard. This also helps keep cookies soft.
- Garlic bread: Slice a loaf of 1-day-old French bread so that the bottom is still connected. Spread garlic spread (press 3-4 cloves of garlic into 1/2 cup butter) on one side of each slice. Wrap in aluminum foil and heat at 425°F for 30 to 40 minutes. Serve immediately.
- Re-vamp slightly stale bread in the toaster or make French toast.

Tortilla

- Tortilla chips can be smashed and added to scrambled eggs, sprinkled onto soups or used as a crust on fish dishes and casseroles.
- Put stale tortilla chips in the oven at 400°F for 3-5 minutes.
- Stale tortillas and pita can be drizzled with oil and grilled or baked.

Recipes & Quick Tips for Leftover Fruits, Vegetables

- Need to use up **extra fruit**? Cook into baked goods like pies or crumbles; enhance breakfast foods like oatmeal, parfaits, and pancakes; garnish desserts like ice cream; make your own jam, compote or marmalade; turn it into a salad: fruit salad, jello/ambrosia salad, or add to a leafy salad.
- Dice extra **mango, pineapple** and **papaya** to make salsa for chips or garnish on top of seafood or chicken. Pineapple also brings flavor to burgers, pizza, stir fry, shish kabobs, and curries.
- **Over-ripe fruit** like pineapple or banana go great in smoothies! Combine with juice, milk, yogurt or ice cream in blender for a sweet treat. Make popsicles by freezing a smoothie in molds. To prep for future smoothies, cut and freeze fruit. Another way to use over-ripe bananas is in banana bread.
- To freeze **grapes** and **berries**: Wash grapes, allow to dry, and spread on a cookie sheet or tray (not touching each other). Place tray in freezer. After frozen, transfer to a freezer bag or airtight container.
- Have **apples** that are no longer fresh but still good to eat? Cut apples into wedges, sauté slowly in butter and sprinkle with cinnamon. Use older apples to bake into pie, cobbler or muffins, or bake with a pork recipe.
- Juice your extra **citrus**! To save juice for recipes, measure a tablespoon into ice cube trays and freeze. Otherwise, make marmalade, orange glaze, zest, or candied peels. De-pith to add to salads.

- DIY natural surface cleaner: Submerge **citrus peels** in white vinegar for 2 weeks in an airtight glass container, then strain out (and dispose of) the peel/pulp. Dilute in equal part water.
- **Avocados** and **guacamole** turn brown with prolonged air contact. Prevent this oxidation by covering surface with a thin layer of olive oil or acidic fruit juice and/or directly cover with plastic wrap.
- **Wilting carrots** and **celery** (and some other veggies) can be revived by cutting off the bottom and placing in water until they crisp up. Or instead, boil and add to any savory dish. Repurpose **wilting greens** by stir frying.
- Use up carrot tops, broccoli stalks, celery ends, onion, and other **vegetable scraps** to make homemade vegetable stock. Look online for easy recipes.
- Some **fresh herbs** are usable after they dry out (thyme, rosemary, oregano, sage), while others last better frozen (parsley, cilantro, mint, chives, basil). Chop, measure, and freeze into ice cube trays with small amounts of water or olive oil. Thaw or add directly into hot recipes.
- Extend the shelf life of your produce by **preserving** it in tasty ways like pickling, canning, drying and more. Visit the University of Minnesota's Preserving and Preparing page: www.extension.umn.edu/food/food-safety/preserving/
- **Ugly produce**: Almost half of all fruits and veggies are wasted.¹ Just because your produce isn't perfect doesn't mean it's not edible! Misshapen produce still tastes great, while bruises and blemishes can be cut around.

¹ FAO UN (2012) SAVE FOOD: Global Initiative on Food Loss and Waste Reduction. Rome, Italy: Food and Agriculture Organization of the United Nations.

Banana Bread

This is the perfect way to use up brown bananas. The riper the bananas, the more flavorful the bread! Adapted from a recipe created by Isa Chandra Moskowitz. Yields 1 loaf.

2 large very ripe bananas (or 3 small bananas)
 1/4 cup canola or vegetable oil
 1/4 cup milk, soy milk, or almond milk
 1/2 cup sugar
 2 Tbsp molasses, honey, or maple syrup
 1 Tbsp ground flax seeds (optional)
 1 cup all-purpose flour
 1 cup whole wheat flour (or all-purpose flour)
 3/4 tsp baking soda
 1 tsp ground cinnamon
 1/4 tsp ground nutmeg (optional)
 1/2 tsp salt
 1/2 cup nuts (pecans or walnuts) or chocolate chips, optional

Preheat the oven to 350°F and grease a 9 x 5 inch loaf pan. In a large mixing bowl, mash the bananas really well using a fork. Add the sugar, milk, oil, molasses (or honey or syrup), ground flax seeds, and mix well. Sift in the flour, baking soda, spices, and salt. Use a wooden spoon to mix until the wet and dry ingredients are just combined. If you're using chocolate chips or nuts, fold them in and do not over-mix the batter. Pour the batter into the greased pan and bake for 45 to 50 minutes. The top should be lightly browned and a knife inserted through the center should come out clean. Remove from the oven and let cool for at least 15 minutes.



The Beet Box Cafe is located in Haleiwa, specializing in vegan, vegetarian, gluten free, and raw foods. Their beloved menu is prepared with love and positive vibes, featuring unique acai bowls, smoothies, baked goods, coffee, and revolving specials. Owner **Marlys Mitchell** thinks it's a shame to waste beautiful food, and suggests making juices from stems and trimmed vegetables. She recommends taking time when choosing your juicer; for example, a masticating juicer will get the most out of the tougher, leafy greens, like parsley. It's a good idea to juice a lot at a time and freeze the juice in an ice tray that you can pop into a juice or smoothie later on.

The Beet Box Cafe places smaller produce orders frequently, ensuring the freshest ingredients so that nothing goes to waste due to spoilage. Marlys gets as much of her produce and eggs from local farmers as possible, and all unusable food waste (like egg shells) gets composted at two local North Shore farms. The Beet Box Cafe is open daily from 7am-4pm at 66-437 Kamehameha Highway in Haleiwa, next door to the post office. Find more information at www.thebeetboxcafe.com.

Marlys' Quick Tip: Dust off your blender and make smoothies using fruit about to spoil.

Ironman Juice

This juice is great for using up vegetables that are about to spoil as well as the tips and stems. Yields 1 serving.

1/2 apple
 1/2 large beet
 2 carrots
 handful kale stems
 5 small broccoli stems
 1 cube frozen parsley (optional)

Insert vegetables in your juicer, pour into a tall glass, and enjoy!



Chef Matt Young has worked in the food industry for over 15 years. For the past six years he has been with **Hula Grill**, a restaurant in the Outrigger Hotel that specializes in Hawaiian and regional cuisine. TS Restaurants, the parent company of Hula Grill, Duke's Waikiki, and a host of other restaurants in Hawaii and California, has a sustainability policy that ensures that the restaurants will not sell fish from unsustainable fisheries. All cardboard, glass, and oil are recycled and unusable food waste goes to local pig farmers.

Chef Matt uses seasonal produce and is in constant communication with farmers. He also uses computer management software to keep track of inventory and waste. He suggests saving vegetable stems and cuttings to make vegetable stock and using chicken carcasses for stock and soups. When cooking, have all your ingredients chopped and ready—a technique chefs call mise en place—so you don't burn things and also save electricity (which saves money).

Hula Grill is located at 2335 Kalakaua Avenue in the Outrigger Hotel Waikiki. For more information, visit www.hulagrillwaikiki.com.

Matt's Quick Tip: Use safe food handling practices. Visit www.fsis.usda.gov for more information on proper temperatures for cooling and heating food.

Vegetable Frittata

Easily uses up vegetables about to go bad. Yields 1 skillet.

- 8 eggs
- 1 lb leftover vegetables, cut into uniform pieces. (for example: spinach, eggplant, zucchini, bell peppers, carrots, onion, potato, garlic)
- 1 cup cheese (cheddar works great, but any kind will do), grated
- 1 tsp salt & pepper

Preheat the oven to 450°F. Sauté all the vegetables in a frying pan over medium heat until they are wilted and set aside. In a mixing bowl whisk the eggs. Heat a well-oiled cast iron skillet (or an oven-proof pan) on stove top. Add eggs, stirring slowly. Add wilted vegetables to pan, do not stir and let egg set. Top off with cheese and place the skillet in the oven at 450°F for 10-15 minutes or until eggs are fully cooked. Remove from the oven and let cool, cut into 4 to 6 wedge shape pieces. Serve with your favorite salsa.



As Community Outreach Assistant for **Down to Earth**, **Madeline Kammerer** is passionate about food and vegetarianism. She performs cooking classes and community demonstrations all over Oahu and Maui.

Do you have fruits and vegetables that are past their prime? Soups and stir-fries are a great way to use up vegetables. A tasty way to use up fruit is to cook it with water, sugar, and lemon juice to create a yummy compote! This fruit compote can be used on pancakes, waffles, ice cream, yogurt, or anything that needs a sweet topping. For more recipes and information visit www.downtoearth.org or call 947-3249.

Madeline's Quick Tip: Stretch your leftovers even more—bake a casserole using the soup that you made with your leftovers. Add cream of mushroom to ensure that the sauce is thick and creamy. Add in leftover grains, beans, and lentils as well to make the casserole even heartier.

Creamy Miso Veggie Soup

- 1/4 cup butter or vegan butter
- 3 Tbsp white miso paste
- 3 garlic cloves, minced
- 2 cups leftover vegetables, diced
- 1 tsp salt
- 1/4 tsp cayenne pepper
- 3 cups vegetable broth

In a skillet over medium heat, melt the butter. Stir in miso until fully incorporated with the butter. Add in minced garlic, leftover vegetables, salt, and cayenne pepper. Sauté for 8-10 minutes, until vegetables have softened. Add vegetable broth and bring to a boil. Transfer to a blender or use an immersion blender to blend until smooth and creamy. Serve hot and enjoy!



Founded in 1978 in Austin, Texas, Whole Foods Market is America's first national certified organic grocer. The company's motto, "Whole Foods, Whole People, Whole Planet™" captures their mission to ensure customer satisfaction, community support and environmental improvement. Whole Foods Market developed a company-wide Green Mission that supports all of the

company's core values, and establishes the company's objective to be a pioneer and leader in environmental sustainability. Whole Foods Market strives to support Hawaii's agriculture and cultivate relationships with local growers, and carries a variety of products from more than 214 Hawaii producers.

Reducing food waste is a key component of Whole Foods Market's efforts to advance environmental stewardship and its Hawaii stores are committed to seeking new ways to recycle its resources and reduce spoilage. For example, produce that is edible but not up to retail standards is often reused in the prepared foods section, such as bruised peaches that are culled, trimmed, and baked into a delicious crisp and featured on the hot bar. Each day leftover food is donated to local food banks or a local farm to use as feed. Spent cooking oil is processed by Pacific Biodiesel, where it is given new life as a clean burning renewable energy source. Visit their Oahu locations at Kahaala, Kailua, and at the new flagship Queen Street store in Kakaako.

Whole Foods Market's Quick Tip: Save trimmed ends of cucumbers, lemons, or fruits and add to your glass of water for a refreshing, sugar-free "spa water"!

Carrot and Broccoli Slaw

This recipe utilizes peeled grated broccoli stalks to give extra crunch and flavor to the slaw.

3 carrots, grated
1 1/2 cups peeled grated broccoli stalks
1/4 cup freshly squeezed lemon juice
1 Tbsp extra virgin olive oil
1/2 tsp freshly ground black pepper
1/4 tsp salt

Combine all ingredients. Taste and adjust seasoning with salt, pepper and lemon juice.

Easiest Berry Crisp

This second recipe from Whole Foods Market is the perfect way to make use of bruised or slightly overripe fruit. Use any combination of berries or stone fruits, apples, or pears.

6 Tbsp unsalted butter, at room temperature, plus more for the baking dish
1 1/2 lb (about 5 cups) mixed berries or diced stone fruits (peaches, nectarines, etc)
1/3 cup plus 1/4 cup dark brown sugar, divided
3/4 cup all-purpose flour, divided
1 cup old-fashioned or quick-cooking oats

Preheat the oven to 375°F. Lightly butter an 8 or 9 square inch baking dish or 9 inch pie plate. In a large bowl, combine fruit, 1/3 cup sugar and 1/4 cup of the flour and toss until evenly coated. Transfer to the buttered baking dish. To make topping, stir together oats, remaining 1/4 cup sugar and 1/2 cup flour. Using a pastry blender or 2 knives, cut butter into oat mixture until well combined. Spread topping over fruit, pressing down slightly. Bake until the top is golden brown and the fruit is tender and bubbly, about 40 minutes. Let cool 10 minutes and serve warm.

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And What About...?

- Leftover **coffee** in the coffee pot in the mornings? Pour it in ice cube trays and place it in the freezer. Use them in iced coffee or in mocha smoothies! You can do the same thing with **tea** and use the cubes in iced tea. Put your coffee grounds to use – make a DIY body scrub or add to soil to increase nitrogen and to deter slugs.
- Broken or uneaten **cookies** or **graham crackers**? Crush and use them in a pie crust or add melted butter to use as a topping on desserts.
- Grind leftover **candy canes** into peppermint sugar using your coffee grinder or food processor; sprinkle on cupcakes, hot chocolate, ice cream or brownies.
- Freeze leftover **wine** in ice cube trays, then remove and seal in freezer bags. Keep frozen until you need wine for cooking. Tip: measure one tablespoon of wine into each cube so you know how much you need for the recipe.
- Freeze **egg whites** in an airtight container; simply thaw when you need an egg white for any recipe.
- Give stale **granola** and **cereal** back their crunch by baking at 375°F for about 3-5 minutes.

Donate

- 11.4% of Oahu residents are food-insecure, including 17% of Oahu's children.¹
- The EPA created a Food Recovery Hierarchy, which prioritizes the best ways to manage food waste. After Source Reduction (reducing the volume of surplus food generated), the next best option is to Feed Hungry People.
- The Bill Emerson Good Samaritan Food Donation Act was passed in 1996 to encourage food donations across America. Donors who give food to nonprofit organizations (in good faith) are protected from food-safety liability.
- Know you won't be able to finish all your leftovers? Contact a local soup kitchen; many soup kitchens accept quality residential or commercial perishable food donations. Food banks and food pantries usually accept non-perishable foods like canned goods.
- Donations to most 501c(3) status nonprofits and religious organizations are tax deductible! Charitable deductions are claimed by donors on their individual tax returns (IRS Form 1040). Keep a written acknowledgment of your donation for your tax records, like a receipt, canceled check or credit card statement. For information on tax deductions for businesses, check out Harvard Food Law and Policy Clinic's Tax Deduction for Food Donation, a Legal Guide: www.chlpi.org/wp-content/uploads/2013/12/Food-Donation-Fed-Tax-Guide-for-Pub-2.pdf

¹ Feeding America (2018) Map the Meal Gap 2018: Child Food Insecurity in Hawaii by County in 2016. Chicago, Illinois: Feeding America.



Hunger is a very real problem in Hawaii. 1 in 5 residents—or 287,000 people statewide—don't always know where their next meal is coming from. Families must make tough choices between purchasing food and paying for daily necessities that most of us take for granted.

Hawaii Foodbank is a nonprofit organization that provides a vital link between food donors, charitable organizations, and hungry individuals and families by collecting and distributing more than 13.7 million pounds of food, including 3.6 million pounds of fresh produce annually, to feed the hungry on Oahu and Kauai. You can help by sharing food from your pantry, organizing a food drive in your community or making a monetary donation. For more information, please visit www.HawaiiFoodbank.org or call 954-7875.



Founded in 1999, **Aloha Harvest** is "a nonprofit organization that rescues quality, donated excess food from local businesses and delivers this food, free of charge, to nonprofit agencies who help to feed the needy, hungry and homeless on Oahu." Aloha Harvest has diverted over 19 million pounds of food from entering Oahu's waste stream, helping to feed approximately 52,000 individuals.

In addition to feeding the hungry, Aloha Harvest helps to reduce the state's dependence on imported food, improve the efficiency of the local food supply, and promote environmental stewardship. To learn more or to donate (food, time or money), please visit www.alohaharvest.org or call 537-6945.

Learn More

Guides, Tips and Other Resources

- **Refrigerator & Freezer Storage Chart**, FDA
www.fda.gov/downloads/food/foodborneillnesscontaminants/ucm109315.pdf
- **Where Food Goes in the Fridge**, Food Republic
www.foodrepublic.com/2012/07/26/where-food-goes-fridge
- **Love Food Hate Waste**, WRAP, United Kingdom
www.lovefoodhatewaste.com (Tips, Recipes, Serving Size Calculator, etc.)
- **Your Ultimate Shelf Life Guide**, Still Tasty www.stilltasty.com (web-based tool for Q&A about shelf-life)

Mobile Apps

Providing this information does not constitute endorsement of these businesses. Also, this information may not be all inclusive. Visit opala.org for more.

Cozi Family Planner

www.cozi.com

Free for Apple, Android, Premium Available for Monthly Fee

Recipe List – input your own recipes or import recipes from websites, Calendar – plan meals by adding recipes or track appointments with reminders, Shopping Lists/To-Do Lists – add your own items to a list or import from saved recipes, Journal – Jot down events for future reference, Syncs with all users in your group

NoWaste

www.nowasteapp.com

Free for Apple

Food Lists – track your freezer, refrigerator, and pantry contents with shelf-lives, Barcode Scanner – scan barcodes to easily identify items if they are in the user-driven database

Still Tasty

www.stilltasty.com

Web-based Tool

Search shelf-life information about any food instantly and send in questions about food to be answered

FoodKeeper

www.foodsafety.gov/keep

/foodkeeperapp

Free for Apple, Android

Find out how long your food will keep while properly stored in the pantry, refrigerator, or freezer

Pepperplate

www.pepperplate.com

Free App for iPhone, iPad, Android

Recipes – input your own recipes or import from supported websites, display when cooking and use an optional app-included cooking timer, Menus – make meal plans from your Recipe List, Calendar – Set dates for Menus or Recipes, Shopping List – input your own items or add from Menus or Recipes with categorization by supermarket sections

Mahalo!

Special thanks to the Hawaii Restaurant Association and participating chefs and restaurants for their contributions to this cookbook and smart food tips guide, and to our collaborators, the US EPA West Coast Climate and Materials Management Forum.



Smart Shopping

- Make a shopping list based on the meals you will eat at home and the timing of your next shopping trip. Use the Shopping Planner provided in this cookbook (page 25), visit opala.org for suggested mobile apps (like Cozi or Pepperplate) to help you plan menus and track shopping lists, or use web-based tools (page 22).
- 85-90% of Hawaii's food is imported¹. When given the choice – shop local! You can help to reduce Hawaii's dependence on imported food, exploit fewer resources, support local businesses and famers, and support the local economy. Find a farmers market near you: <http://hdoa.hawaii.gov/add/md/farmers-market-listings/>
- Plan multiple meals using shared ingredients.
- Shop your fridge and cupboards first to avoid buying food you already have.
- Include quantities on your shopping list so you buy just what you need. Choose loose fruits and vegetables over pre-packaged to control the quantity you purchase.
- Grocery shop with a full stomach—this can help you stick to your list.
- Avoid marketing gimmicks that encourage you to buy more than you need. If you purchase 10 items for \$10 and only eat five before they spoil, that's money wasted.
- Buy fresh ingredients in smaller quantities with more frequent shopping trips so you waste less and enjoy fresh food.
- Write a reminder on your shopping list to bring your own reusable bag with you to the store.

¹ Loke MK and Leung PS (2008) Economic Impacts of Increasing Hawaii's Food Self-Sufficiency. Economic Issues, EI-6. College of Tropical Agriculture and Human Resources, University of Hawaii.

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Shopping Planner

Weekly Menu Plan

Shopping List

Item/Amount Needed

Already Have

Monday

Fruits and vegetables

Tuesday

Breads and cereals

Wednesday

Dairy and frozen items

Thursday

Meat and fish

Friday

Non-perishables

Saturday

Drinks

Sunday

Other household items

Top tips:

- Check what you already have in your fridge, freezer, and cupboard.
- Plan your menu around your weekly activities.
- Place your menu plan on your fridge.

Top tips:

- Write your shopping list from your menu plan.
- Identify how much you will need.
- Remember to take your list to the grocery store.

Print more at opala.org

Shopping Planner

Weekly Menu Plan

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Shopping List

Item/Amount Needed

Already Have

Fruits and vegetables	
Breads and cereals	
Dairy and frozen items	
Meat and fish	
Non-perishables	
Drinks	
Other household items	

Top tips:

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Print more at opala.org

Eat Me First

Eat Me First

Eat Me First

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Eat Me First

Eat Me First

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Please Give Us Your Feedback

Complete the survey and receive a coupon to a local restaurant! Your response is completely voluntary and the information you provide will be used to improve the food waste prevention program on Oahu. As thanks, survey respondents will receive a coupon to one of the restaurants featured in this cookbook for providing your valuable feedback. You can mail back the attached survey card or complete the survey online at: www.surveymonkey.com/s/FTGTW

This survey should take about 3 minutes of your time. Your contact information is confidential and will not be used for any other purpose than to send you your coupon.

If you have any questions about the survey, please contact us at info@opala.org or call 768-3200.

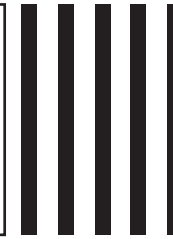


City & County of Honolulu
Department of Environmental Services
Refuse Division
768-3200

 @HNL.Opala  @HNL_ENV



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



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BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 12 WAIPAHU, HI

POSTAGE WILL BE PAID BY ADDRESSEE
CITY AND COUNTY OF HONOLULU
1000 ULUOHIA ST STE 201
KAPOLEI HI 96707-9900



Food: Too Good To Waste Survey

Thank you for providing us with valuable information to improve the food waste prevention program in Honolulu. Survey respondents will receive a coupon to one of the restaurants featured in this book as thanks for providing valuable feedback. No postage necessary. Alternatively, you can complete this survey at www.surveymonkey.com/s/FTGTW

Home zip code _____

1. Including yourself, how many people live in your household? _____
2. What are their ages? _____
3. What attracted you most to the cookbook? (Please rank the following from 1 to 5 where 1 was the most important reason and 5 was the least important)
 - a. Chef-created recipes _____
 - b. Food storage tips _____
 - c. Opportunity to save money _____
 - d. Restaurant coupon _____
 - e. Organizing tools (*Shopping Planner and Eat Me First*) _____
4. Did you use the recipes provided in the cookbook? (circle one): Y / N / PLAN TO
5. Did you use the shopping list provided? (circle one): Y / N / PLAN TO
6. Did you use the refrigerator sign provided? (circle one): Y / N / PLAN TO
7. Did you visit opala.org for more information? (circle one): Y / N / PLAN TO
8. Where did you pick up the cookbook? _____

Please mark the appropriate box:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I found the tips helpful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have or will change(d) my habits to reduce food waste	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which tips did you find most useful? _____

Which tips did you find least useful? _____

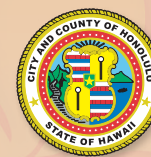
What practices did you use in your home to reduce food waste, if any, prior to receiving the cookbook?

Do you have any suggestions for improvements?

Please provide an email or home address so we can send you a coupon as thanks for completing this survey. This information will not be used for any other purpose.

Which restaurant coupon would you like:

- ☐ Gyotaku ☐ The Beet Box Cafe



Aloha!

Sharing great food with friends and neighbors is a wonderful island tradition, but you may be surprised to learn that the average Oahu household throws away more than 425 pounds of food each year, valued at about \$1,600.

This cookbook is a toolkit designed to help you save money, reduce waste, and benefit the environment by making small and easy changes in the way you shop for, prepare and store food.

The City and County of Honolulu is pleased to offer you some exciting recipes from local kitchens, along with valuable tips for stretching food budgets, avoiding waste and making the most of leftovers.

We hope you'll enjoy planning some new dishes—and saving money too!



Kirk Caldwell
Mayor, City and County of Honolulu

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